

**GOVERNMENT OF INDIA  
HEALTH AND FAMILY WELFARE  
LOK SABHA**

UNSTARRED QUESTION NO:2196  
ANSWERED ON:28.07.2017  
Panel Report on Cancer and Diabetes  
Kushwaha Shri Ram Kumar Sharma

**Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:**

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the panel constituted by Food Safety and Standards Authority of India (FSSAI) has recently submitted a report stating non-abiding of cooking norms/parameters and due to over use of sugar, fat and salt disease like cancer and diabetes are rapidly spreading in the country and if so, the details thereof;

(b) whether the said panel has also suggested to implement various measures for their necessary prevention and if so, the details thereof; and

(c) the details of the action taken for implementing these measures to protect the interests of the common consumers in the country?

**Answer**

ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(SHRI FAGGAN SINGH KULASTE)

(a) & (b): To address holistically the issue of High Fat, Sugar and Salt (HFSS) in food and associated health risks, FSSAI constituted an Expert Group that included eminent experts from the fields of medicine, nutrition, and dietetics representing well known medical research and academic institutions. The Expert Group in its report, inter alia, recommended encouraging consumption of: MUFA (monounsaturated fatty acids) and PUFA (polyunsaturated fatty acids); low fat milk and dairy products; cooking oils in rotation basis and blended oils; complex carbohydrates and natural sugar found in fruits and vegetables; inexpensive, seasonal and locally available fresh fruits and vegetables. The report has also recommended to limit use of: food containing partially hydrogenated vegetable; deep fried foods; simple sugars which largely come from sugar sweetened beverages and processed snacks with high added sugar content; and salt rich foods such as snacks, pickles, dips and chips etc. The Expert Committee also recommended ban on advertising of foods with high FSS (Fats, Sugar and Salt) on children's channels or during children shows; raising consumer knowledge and awareness; and encouraging industry for voluntary reformulation of food products to reduce contents of fats, sugar (free sugars) and salt in packaged food. This report has also been placed on the website of FSSAI.

(c): FSSAI is already taking comprehensive steps for consumer awareness generation. The stakeholders across the country including consumers are being made aware & educated about various aspects of food safety & hygiene including food labelling, packaging, nutritional information, issues of concern, etc. through Safe and Nutritious Food (SNF) campaign covering home, school, workplace and eating out. Under this initiative, consumer education, awareness training and capacity building is the key focus. Consumers are also being made aware through various communication platforms, print and outdoor media campaigns, digital and social media, documentary films, education booklets, stalls at Fairs/Melas/Events and Mass awareness Campaigns etc.